



MARION COUNTY

SHERIFF'S OFFICE

DEPUTY/DETENTION DEPUTY - APPLICANT PRE-EMPLOYMENT

PHYSICAL AGILITY TEST (P.A.T)

Scheduled DATE: _____ **TIME:** _____

PHYSICIAN'S RECOMMENDATION FORM

Name of Applicant Participant: _____

Dear Physician:

The purpose of this communication is to inform you of the Marion County Sheriff's Office physical agility testing requirements. We are aware that strenuous physical activity may be inadvisable for some individuals. Therefore, we are requesting that you indicate whether the above-named participant has any medical condition or disorder that would preclude participation. It must be emphasized that we are not asking you to assume responsibility for the participant while participating in this test nor disclose protected personal medical information. Rather, we merely want to have as much information as possible when making decisions concerning the safe applicability of the testing.

The testing program will consist of a series of job related physical abilities conducted by well qualified personnel of the Marion County Sheriff's Office. The battery of job-related field tasks is intended to be completed in the fastest possible time and will require maximum physical effort by the participant. Tests are designed to measure muscular endurance and strength, anaerobic power and capacity, and aerobic power. The total length of the course is ½ mile long and should be completed in 8:30. A description of the course is attached.

Ultimately, the primary goal of this physical abilities testing is to determine whether the participant is capable of safely performing essential functions and minimum standards appropriate to law enforcement personnel (law enforcement officers or detention deputies).

_____ Participation is not advisable at the present time. (If you advise against participation please **do not** disclose the applicant's medical condition on this form).

_____ Within a reasonable degree of probability, no medical condition or disorder exists which precludes this applicant from participation in the physical abilities testing as described.

Signature of Physician _____ Date _____

Printed Name _____ License # _____

Address _____

Phone Number _____

MEDICAL EXPENSES RESPONSIBILITY: Any medical expense(s) associated with this medical clearance is *the sole, personal responsibility of the applicant participant named* herein and not the responsibility of the Marion County Sheriff's Office.

DEPUTY/DETENTION – PHYSICAL AGILITY TEST INSTRUCTIONS

LOCATION:

The Marion County Sheriff's Office Training Division (3300 NW 10th Street Ocala, FL. 34475). After passing the guard shack turn right, into the parking area of the Interim building (the first building to your right. The Training Division Office located on the North East corner).

TEST DESCRIPTION

1. START THE COURSE AT THE TWO RED POLES.
2. RUN 136 FEET TO THE BLOCK WALL.
3. BLOCK WALL IS 4 FEET TALL BY 6 FEET LONG BY 7 ½ INCHES WIDE.
 - YOU MUST GO OVER THE WALL TO CONTINUE THE COURSE.
4. RUN 135 FEET TO THE SERPENTINE.
 - SERPENTINE CONSISTS OF 10 TELEPHONE POLES 3 FOOT HIGH AND APPROXIMATELY 7 ½ FEET APART AND 59 FEET LONG. YOU MUST WEAVE BETWEEN THESE POLES WITHOUT TOUCHING THEM WITH YOUR HANDS; YOU CAN BUMP THEM WITH YOUR BODY.
5. RUN 189 FEET TO THE HURDLES.
 - THERE ARE THREE HURDLES EACH 8 FEET APART, 8 FEET WIDE WITH A TOTAL EVENT LENGTH OF 16 FEET. THE FIRST HURDLE IS 1 1/2 FOOT HIGH OFF THE GROUND, THE SECOND HURDLE IS 2 FEET HIGH, AND THE LAST HURDLE IS 1 ½ FEET HIGH. THESE HURDLES ARE PVC PIPES RESTING ON TOP OF GROOVED TELEPHONE POLES SO IF THE PVC PIPES ARE STRUCK THEY WILL FALL DOWN.
 - YOU MUST SUCCESSFULLY COMPLETE THE HURDLE EVENT TO MOVE ON. IF YOU KNOCK A PIPE DOWN YOU MUST RE-START THE HURDLE EVENT AGAIN.
6. RUN 113 FEET TO THE CATTLE GATE.
 - THE CATTLE GATE IS A STANDARD CATTLE GATE 4 FEET HIGH BY 14 FEET WIDE WITH 6 CROSS RUNGS STARTING AT 8 INCHES APART AND RANGING TO 12 INCHES APART.
 - YOU MUST SUCCESSFULLY CLIMB OVER THE OBSTACLE TO CONTINUE THE COURSE.
7. RUN 98 FEET TO THE "CREEK PIT".

- THE "CREEK PIT" IS A 2 FEET BY 3 ½ FEET WIDE BOX SUNK INTO THE GROUND TO A DEPTH OF 6 INCHES.
 - YOU MUST JUMP OR STEP OVER THIS BOX TO CONTINUE THE COURSE.
8. RUN 141 FEET TO THE CULVERT PIPE.
- THE CULVERT PIPE IS A CONCRETE PIPE 4 FEET TALL BY 8 FEET LONG.
 - YOU MUST BEND OVER AND WALK THROUGH THE PIPE TO CONTINUE THE COURSE.
9. RUN 224 FEET TO THE BALANCE BEAM.
- THE BALANCE BEAM IS MADE OF WOOD AND IS 5 ½ INCHES WIDE BY 36 FEET LONG COVERED IN NON SLIP TAPE AND IS 18 INCHES ABOVE THE GROUND. YOU WILL WALK 12 FEET, CHANGE DIRECTION ABOUT 20 DEGREES, WALK ANOTHER 12 FEET AND CHANGE DIRECTION AGAIN ABOUT 20 DEGREES AND WALK THE FINAL 12 FEET.
 - YOU MUST COMPLETE THE BALANCE BEAM WITHOUT STEPPING OFF. IF YOU DO STEP TO THE GROUND YOU MUST RE-START THE BALANCE BEAM EVENT.
10. RUN 200 FEET TO THE LADDER EVENT.
- THE LADDER IS A 15 FEET LONG METAL LADDER THAT IS ATTACHED BETWEEN TWO TELEPHONE POLES WITH A BELL AT THE TOP. THE RUNGS OF THE LADDER ARE A FOOT APART.
 - YOU MUST CLIMB THE LADDER AND RING THE BELL AT THE TOP TO CONTINUE THE COURSE.
11. RUN 148 FEET TO A SET OF STAIRS.
- THE STAIRS CONSIST OF 12 STEPS UP WITH A 4 FEET BY 4 FEET PLATFORM AT THE TOP 8 FEET ABOVE THE GROUND AND 12 STEPS DOWN.
 - YOU MUST STEP ON EVERY STEP GOING UP AND COMING DOWN.
12. RUN 70 FEET TO AN OBSTACLE.
- THE OBSTACLE IS 4 FEET HIGH BY 9 ½ FEET WIDE.
 - YOU MUST CLIMB OVER THE OBSTACLE TO CONTINUE THE COURSE.
13. RUN 190 FEET TO THE LOW CRAWL.
- THE LOW CRAWL CONSISTS OF 4 SETS OF METAL PIPES ATTACHED TO TELEPHONE POLES 18 INCHES ABOVE THE GROUND. THE POLES ARE 4 ½ FEET APART FROM EACH OTHER

WITH A TOTAL EVENT LENGTH OF 14 FEET. THE MATERIAL THAT YOU CRAWL THROUGH CONSISTS OF RUBBER SHAVINGS.

- YOU MUST COMPLETE THIS TO CONTINUE THE COURSE.

14. RUN 161 FEET TO THE RING SHOOT.

- THE RING SHOOT CONSISTS OF PICKING UP AN UNLOADED FIREARM FROM THE ATTACHED SHELF AND PLACING THE BARREL OF THE WEAPON INSIDE A 4 INCH METAL RING AND DRY FIRING IT 6 TIMES WITHOUT TOUCHING THE RING.
- IF YOU TOUCH THE RING YOU MUST PLACE THE WEAPON BACK DOWN ON THE SHELF AND START OVER.

15. RUN 305 FEET TO THE ENTRANCE TO THE DOOR/WINDOW EVENT.

16. RUN 39 FEET TO A STANDARD 36 INCH WIDE EXTERIOR DOOR.

- OPEN THE DOOR, GO THROUGH IT AND CLOSE THE DOOR.

17. RUN 50 FEET TO THE WINDOW.

- CLIMB THROUGH A WINDOW THAT IS 48 INCHES WIDE BY 39 INCHES HIGH THAT IS SITUATED IN A BLOCK WALL 41 INCHES ABOVE THE GROUND.
- YOU MUST CLIMB THROUGH THE WINDOW TO CONTINUE THE COURSE.

18. RUN 48 FEET TO THE BEGINING OF THE SLED EVENT.

- THE SLED IS METAL WITH A FLAT BOTTOM WITH SIDES ON IT ALONG WITH A 4 FOOT CHAIN AND HANDLE ATTACHED FOR PULLING THE SLED. THE SLED WEIGHS APROXIMATLEY 150 POUNDS.
- THE TOTAL LENGTH OF THE SLED PULL EVENT IS 60 FEET LONG AND OFF TO THE SIDE OF THE MAIN RUNNING TRACK.
- THE COURSE IS LAID OUT SO THAT YOU GO TO WHERE THE SLED IS LOCATED; DRAG THE SLED TO THE OTHER END OF THE SLED COURSE AND RETURN TO THE MAIN RUNNING TRACK REMAINING ON THIS SLED TRACK AS YOU GO.
- YOU MUST PULL THE SLED THE 60 FEET BEFORE YOU CAN CONTINUE THE COURSE.

19. RUN 192 FEET TO THE FINISH LINE.

THE TOTAL LENGTH OF THE COURSE IS ½ MILE LONG AND SHOULD BE COMPLETED IN 8:30.